



Helping North Carolina Families Eat Smart and Move More: 2007 Program Successes for Martin County

Results of the **137** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their resource management practices.
- 74%** of EFNEP participants showed improvement in their food safety practices.
- 29%** increased their amount of physical activity.

Adult Program Success

Pregnant teens are at risk for delivering low-birth-weight babies due to delayed prenatal care and an inadequate diet. A teenager's diet often lacks adequate whole grains, dairy, fruits and vegetables; while the consumption of fast foods and soft drinks are high. They also lack food preparation skills to prepare their own food.

EFNEP in Martin County provided the Eating Smart and Moving More curriculum to pregnant teens in the local high school. Working often one-on-one due to schedules during the summer months the Nutrition Program Assistant taught a series of classes. The classes were on reading labels, MyPyramid, eating smart for a healthy pregnancy, benefits of breastfeeding, infant feeding skills, food preparation techniques, reducing consumption of soft drinks, increasing consumption of calcium foods/fruits/vegetables, making smart choices when eating fast food and incorporating physical activity.



One participant is now trying the new recipes received in the classes and is preparing her own snacks and meals. The unborn baby's paternal grandmother is now attending classes with the participant to provide support. Without the EFNEP classes the participant would still be consuming all of her meals at fast food restaurants and not eating a nutritious diet for a healthy baby.

